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The Lion's Roar: How to Bring Courage Back to Your Cyber Career

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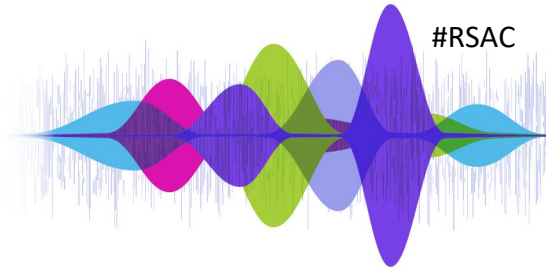

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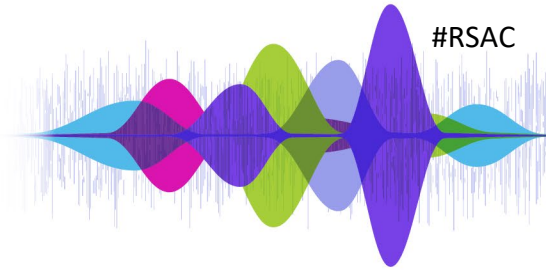
Does doing your job ever scare the jeepers out of you?

What makes us sometimes falter?

1. High stakes
2. Pressure
3. Self-doubt

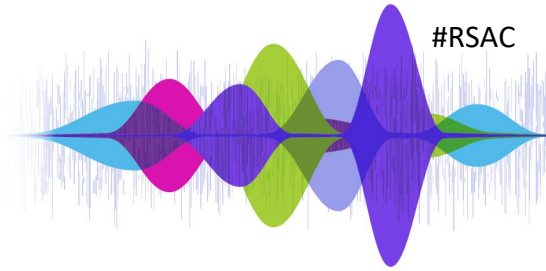
The Personal Challenges



Impostor Syndrome

Toxic Work Environments

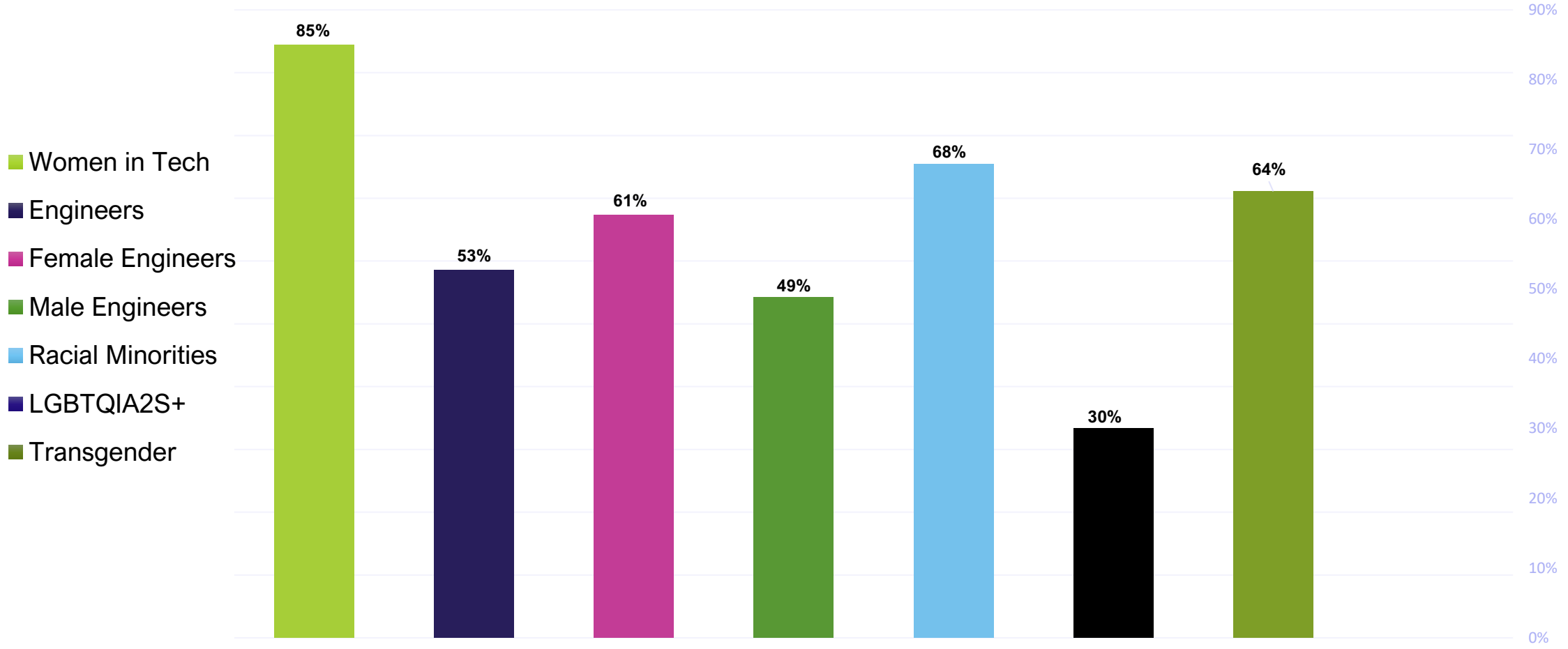
Fear of Failure & Risk-Taking



Impostor Syndrome

the persistent inability to believe that one's success is deserved or has been legitimately achieved as a result of one's own efforts or skills

Impostor Syndrome Data by Demographic



Reasons for Toxic Environments

1. Bad Leadership
2. Poor Communication
3. Burnout
4. Bullying/Harassment
5. Toxic Colleagues
6. Low Recognition
7. Favoritism of Others
8. Unclear Expectations
9. Culture Issues
10. Work/Life Balance

EGO

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Unlocking Courage

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Build a Resilient Mindset

Build a Resilient Mindset

BUILD A RESILIENT MINDSET

Build a Resilient Mindset

Build a Resilient Mindset

Approach Everything from Self-Energy

Decision-Making: Seeking input from diverse perspectives and fostering collaboration.

Problem-Solving: Maintaining humility and openness for continuous improvement.

Leadership Style: Seeking input from diverse perspectives and fostering collaboration.

Motivation: Driven by shared purpose, impact, and alignment with team values.

Communication: Actively listening and valuing open, inclusive dialogue.

Conflict Resolution: Addressing issues transparently and working toward equitable solutions.

Recognition: Celebrating team achievements and acknowledging individual contributions.

Work Ethic: Aligning personal efforts with organizational goals and the well-being of the team.

patience

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Call to Action

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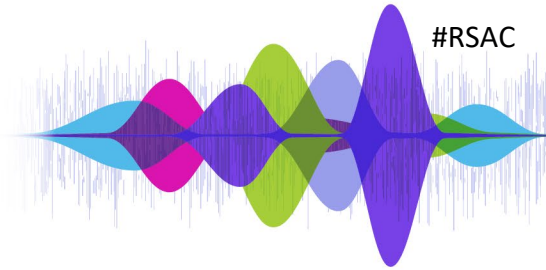
Interactive: Your Courage Plan

1. Think about one area where you can be more bold
2. Sit there and think about it for 30 seconds. I'll wait.
3. Write an actionable step you'll take within 30 days.

Apply What You've Learned



- Complete your **Courage Plan** within 30 days
- Think about areas where your **ego might stop you** from speaking up or speaking only for you and flip it to a **self-energy action**
- Identify 1-2 new colleagues for your **support network** and find ways to engage them; could also be external mentors
- Practice speaking up with **physical and vocal confidence** before going into a meeting where you want to make a difference
- Take all of this and apply it to **your career journey**—most applies
- Work on your resilience; and **be patient with yourself** while you grow

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Thank You. Questions?

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